

Try to be physically active every day, any activity is better than none, and more is better still.

- Physical activity can safely be recommended to women during pregnancy.

- Physical activity choices should reflect activity levels pre-pregnancy and should include strengthening activities on 2 days per week.
- Aim for at least 150 minutes (2 ½ hours) of moderate intensity activity per week.

- Try to keep active on a daily basis - 30 minutes of walking each day can be enough, but if you cannot manage that, any amount is better than none.
- Try swimming or aqua-natal classes with qualified instructors as the water will support your increased weight.

- Vigorous activity is not recommended for previously inactive women.



Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually

Already active? Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Home (Walking, Running, Swimming, Cycling, Yoga)

Out and about (Walking, Running, Swimming, Cycling, Yoga)

Leisure (Walking, Running, Swimming, Cycling, Yoga)

Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt

Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019